

Compare the styles of coping, resiliency and emotional distress in mothers of students with mental retardation and normal

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Abstract The present study aimed to compare the styles of coping, resiliency and emotional distress in mothers of students with mental retardation and normal
Materials descriptive study was causal-comparative. The study population includes all mothers of students are mentally retarded and normal Rasht in 1395. Sample consisting of 50 women and 50 normal mothers who are mentally retarded students who were ed by convenience sampling. The results showed that among the styles of coping, resiliency and emotional distress in mothers of students with mental retardation and normal there.

Keywords : Keywords: coping with stress, resiliency, emotional turmoil.

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